



# “Growing Healthy Kids Columbus” Obesity Prevention Coalition

## Purpose

The Growing Healthy Kids Columbus (GHKC) coalition brings together over 45 programs and organizations, including OSU Extension and the OSU College of Public Health, to network and collaborate on childhood obesity prevention efforts.

Recognizing their unique capacity to implement population-level health promotion strategies stemming from their diverse areas of expertise, services, and resources, GHKC has made policy, system, and environment change its primary focus since 2011. The coalition develops campaigns and toolkits and fosters organizational practices and procedures to support environments and educational messages for maintaining a healthy weight.

## Impact

**Policy/System/Environment Changes:** In 2016, at least 9 GHKC organizations implemented policy changes, such as a water only policy at any Columbus City School pre-k events. Over 11 GHKC organizations implemented system changes, such as Mid-Ohio Foodbank mobile markets at every Moms2B location, and 10 GHKC organizations implemented environment changes, such as OSU LifeSports now serving only water at all events.

Over the past year GHKC has developed the “Healthy Gatherings” resources. The “Healthy Gatherings” campaign promotes healthy eating, physical activity and smoke-free environments at meetings, events and celebrations. Since the launch of the campaign in late 2015, GHKC has



Learn the 6 steps to hosting meetings, events and celebrations that promote healthy eating, physical activity and smoke-free environments.

**Tuesday, April 25, 2017  
8:30 a.m. – noon**

**Columbus Public Health  
Auditorium  
240 Parsons Ave., Columbus**

**Who Should Attend:** Community leaders, stakeholders and organizations committed to creating a healthier environment for the community they serve.

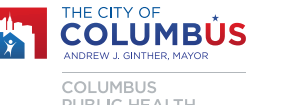
**Registration Required:** Please register by April 7. Only 125 spots available. The first 50 organizations to register will receive a Healthy Gatherings Toolkit. Register online at [Columbus.gov/healthygatherings](http://Columbus.gov/healthygatherings).

**Presented by Columbus Public Health.**

### Workshop Topics:

- Policy, system and environmental changes and why they are important
- How to use and share Healthy Gathering Tools
- Success stories
- How to create an action plan and begin the first steps to a healthier environment

For more information, contact Ali Segna at 614.645.5310 or [amsegna@columbus.gov](mailto:amsegna@columbus.gov).



developed and identified 28 resources. These resources were piloted at the coalition’s “Healthy Gatherings” workshop in early 2017.

Using the \$1000 received with the 2015 OSU Outreach and Engagement Excellence in Community Partnership Award, GHKC offered mini-grants to fund physical activity, healthy eating and breastfeeding resources for coalition members’ community events. Of the coalition’s 14 “Pay it Forward” events, 12 were held in 2016.

## Ohio State Colleges/Units Involved

Ohio State University Extension  
College of Public Health  
OSU LifeSports

## Community Partners Involved

Action for Children  
American Academy of Pediatrics, Ohio Chapter  
American Heart Association  
Child Development Council of Franklin County Head Start  
Children’s Hunger Alliance  
Church Partnerships  
Mount Carmel Health  
Columbus area child care centers and in-home providers  
Columbus City Schools  
Columbus Public Health (CPH) - Healthy Children Healthy Weights  
Columbus Public Health (CPH) - Minority Health Office  
Columbus Recreation and Parks  
Columbus Urban League Head Start  
Community Development for All People  
CPH Creating Healthy Communities  
CPH Strategic Nursing  
CPH Institute of Active Living  
Franklin County Family and Children First  
Franklin County Public Health  
Franklin County Women, Infants and Children (WIC)  
Franklin Park Conservatory  
Mid-Ohio Food Bank  
Nationwide Children’s Hospital  
Personal Fitness Navigators  
United Way of Central Ohio  
YMCA of Central Ohio

## How you can get involved:

- Join the GHKC coalition
- Collaborate as an evaluator
- Provide input on resource development
- Give a presentation to the coalition
- Service-learning opportunities for students

## To get involved, contact:

**Carol Smathers, MS, MPH (GHKC Co-Chair)**  
Assistant Professor, Extension Field Specialist in Youth Nutrition and Wellness  
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<https://columbus.gov/publichealth/programs/Healthy-Children-Healthy-Weights/The-Growing-Healthy-Kids-Columbus-Coalition/>



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